

ADULT ENRICHMENT

Social Ballroom Dance (6 Classes)

When you go to a dance, do you envy those couples gliding around the floor? Are you going on a cruise, to a wedding or class reunion? This is your chance to shine! Join the beginning class and learn the basics in the Samba, Rumba, Cha Cha, Waltz, Foxtrot, Swing, Mambo, Tango and more. The Intermediate Class is a continuation of instruction from the Basic Class with the addition of NEW and advanced steps with emphasis on styling in all the dances. One basic series required before attending Intermediate Class. New intermediate steps every series. FOR COUPLES ONLY. Ages 16-over.

Cost: \$95 Resident, \$110 Non-resident (per couple)
Location: Forest Hill Christian Church, 250 Laguna Honda Blvd. SF
Instructor: Bart & Judy Lewis
Day/Time: Thurs., 7:30-8:30pm (beg), or 8:30-9:30pm (int.) Registration @ 7:15pm.
5105.301 Th 6/21-7/26(beg)
5105.302 Th 6/21-7/26 (int)

Belly Dance (8 Classes)

Are you tired of aerobics or don't find Jazzercise very creative? Try Belly Dance! A dance with ancient origins, it is not only great exercise, but also is highly individualistic, allowing each dancer to develop her own unique style. Instruction includes dance styles from Egypt (Cabaret, Ghawazee, Saidi), Tunisia, Morocco, Turkey, Persia and Afghanistan. The course, for beginning through advanced teens and adults, will also include instruction in costuming techniques appropriate to each style. Bring three yards of sheer 45 inch wide fabric and a set of four finger cymbals. Ages 13-over. Females only.

Cost: \$60 Resident, \$75 Non-resident
Location: Monte Verde Elementary School
Instructor: Nancy Hernandez
Day/Time: Mon., 7-9pm
5106.301 M 6/18-8/6